

LAKELAND

JUICER

INSTRUCTION BOOKLET



Model: 26919



LAKELAND JUICER

Thank you for choosing the Lakeland Juicer.

Please take a little time to read this booklet before you use your machine and keep it in a safe place for future reference.

Make healthy, nutritious juices from 100% natural ingredients with this easy-to-use Juicer. Two speed levels for different fruits and vegetables, allowing you to extract juice from soft fruits to harder vegetables. The process extracts a high percentage of the juice whilst maintaining the nutritional qualities and the full flavour of the juices.

Here at Lakeland, our award-winning family-owned business still offers the same excellent quality, value for money and exceptional customer service as when we founded the company back in the 1960s.

Our products are hand-picked and thoroughly tested so you can be sure that everything you purchase will be a pleasure to use for many years to come.

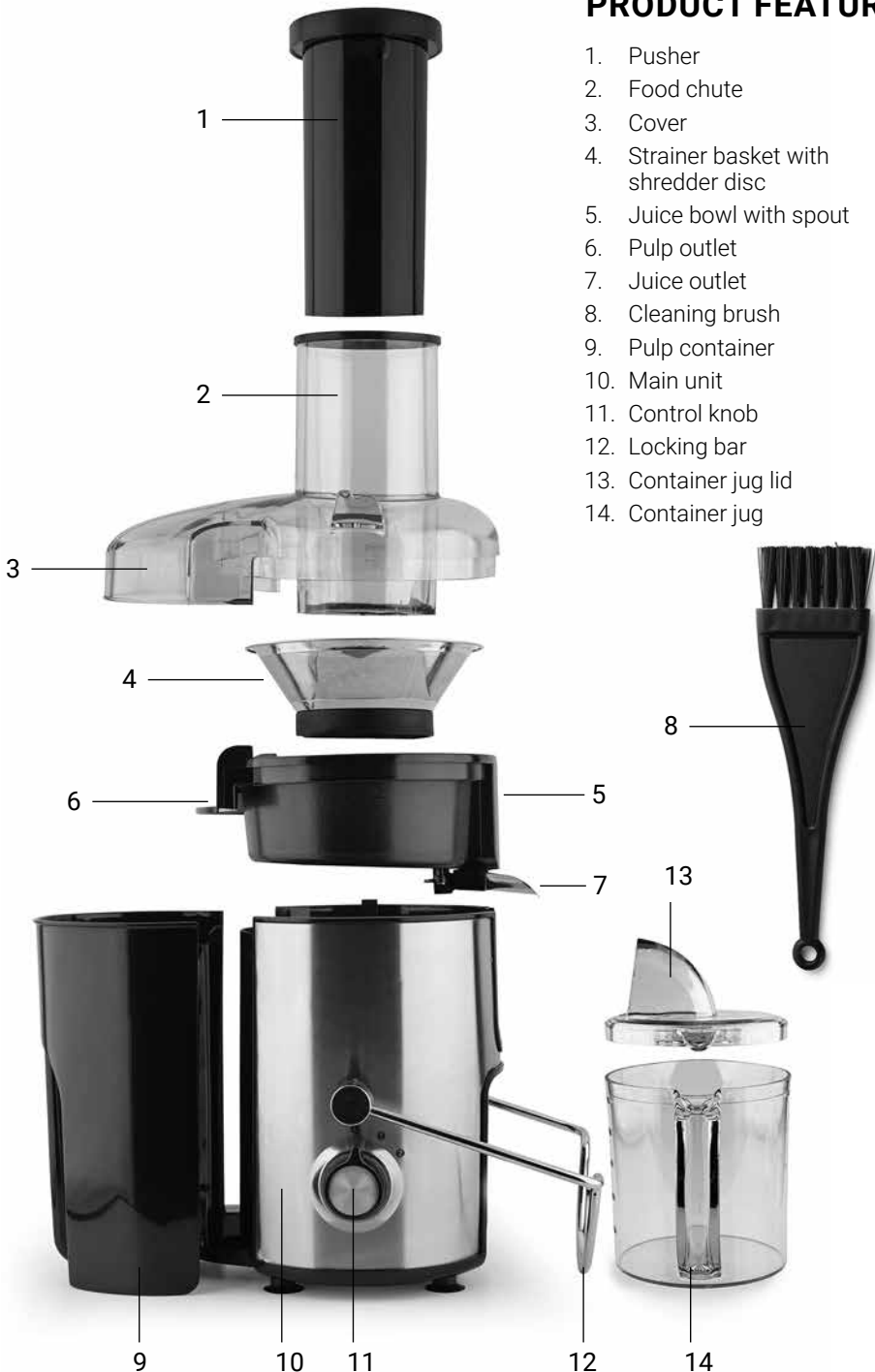
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PRODUCT FEATURES

1. Pusher
2. Food chute
3. Cover
4. Strainer basket with shredder disc
5. Juice bowl with spout
6. Pulp outlet
7. Juice outlet
8. Cleaning brush
9. Pulp container
10. Main unit
11. Control knob
12. Locking bar
13. Container jug lid
14. Container jug



SAFETY CAUTIONS

Carefully read all the instructions before using the appliance and keep in a safe place for future reference. Always follow these safety cautions when using the appliance to avoid personal injury or damage to the appliance. This appliance should be used only as described in this instruction book.

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done by children unless they are older than 8 and supervised.
- Make sure your electricity supply matches the voltage shown on the appliance.
- Ensure all packaging materials and any promotional labels or stickers are removed from the appliance before the first use.
- Always inspect the appliance before use for noticeable signs of damage. Do not use if damaged or has been dropped. In the event of damage, or if the appliance develops a fault contact the Lakeland customer care team on 015394 88100.
- Do not use this appliance if the lead is damaged. Contact the Lakeland customer care team on 015394 88100.
- Always use the appliance on a dry, level, heat resistant surface.
- Unplug from the mains when not in use and before cleaning. To disconnect, turn the socket to "off" and remove the plug from the mains socket.
- Do not use any accessories or attachments with this appliance other than those recommended by Lakeland.
- To protect against fire, electric shock or personal injury, do not immerse cord, plug or lid in water or other liquids.
- Do not leave the lead hanging over the edge of a kitchen table or worktop. Avoid contact between the lead and hot surfaces.
- For indoor use only.
- For domestic use only.
- This appliance should be used for preparation of ingredients as described within the instructions for use that accompany it.
- Always ensure that your hands are dry before removing the plug from the mains socket. Never pull the plug out of the mains socket by its lead.

- To avoid injury or possible fire, do not cover the appliance when in use.
- Do not connect this appliance to an external timer or remote control system.
- An extension cable may be used with care. The electrical rating of the cable should be at least as great as the appliance. Do not allow the cable to hang over the edge of the worktop or touch any hot surfaces.
- This appliance complies with the basic requirements of Directives 2014/30/EU (Electromagnetic Compatibility) and 2014/35/EU (Low Voltage Directive).
- **WARNING:** A cut off plug inserted into a 13 amp socket is a serious safety (shock) hazard. Ensure the cut off plug is disposed of safely.
-  **CAUTION:** The plastic bags used to wrap this appliance or the packaging may be dangerous. To avoid risk of suffocation, keep these bags out of reach of babies and children. These bags are not toys.
- **DO NOT** place the appliance on or near a gas or electric oven, or any hot surfaces.
- **DO NOT** lift or move the appliance while it is switched on, or leave the Juicer unattended.
- Always turn off and unplug the Juicer from the socket if it is left unattended and before assembling, taking apart or cleaning.
- **DO NOT** operate the Juicer empty.
- This Juicer has a safety function and can only be switched on if the cover and locking bar in place.
- **CAUTION:** The strainer basket with shredder disc is very sharp. Care must be taken when handling.
- **WARNING:** To prevent injury, keep fingers, hair, clothing and utensils well away from the Juicer during use.
- **DO NOT** use the Juicer without the pulp container or collection jug in place.
- Never push ingredients into the food chute using your hand, always use the pusher.
- **DO NOT** insert fingers or other objects into the product while it is operating. If food becomes lodged, use the pusher or another piece of food to push the lodged food down. If food does not dislodge, turn the product off, unplug the power cable from the electrical outlet, and disassemble the product to remove the remaining food.
- Avoid contacting moving parts (e.g. the strainer basket with shredder disc) while product is in use. Keep hands and utensils away from moving parts while operating this product.
- **DO NOT** use the appliance if the strainer basket with shredder disc is damaged.
- Use the Juicer in short bursts and **DO NOT** use continuously for more than 40 seconds at a time, allow the motor to cool down between cycles for 3 minutes.

USING THE JUICER FOR THE FIRST TIME

- Unpack the Juicer, remove all the packaging materials.
- Before first use, wipe the main unit with a clean, damp cloth.
- Wash the rest of the parts in warm soapy water, rinse and dry thoroughly.
- Be very careful when washing the strainer with shredder disc is very sharp.
- Make sure all parts are clean and dry before assembling the product.

ASSEMBLING THE JUICER



1. Place the main unit on a flat, stable surface.
2. Fit the juice bowl with spout on to the main unit.



3. Fit the strainer basket with shredder disc onto the drive shaft.

Note: The drive shaft has guides and ball-catches which lock the strainer in place. Line the strainer up with the guides and press it down until the ball-catches around the hole in the centre of the strainer lock it in place. The strainer should be a little lower than the lip of the juice bowl when it is fitted.





4. Place the pulp container to the left of the main unit, putting the lid of the pulp container under the pulp outlet on the juice bowl.



5. Then push in at the bottom to locate.



6. Place the cover over the juice bowl and pulp container, raise the locking bar and push over the tabs to lock the cover in place.



7. Put the lid on the collection jug and position it under the spout of the juice bowl.
8. The Juicer is now ready to use.

INSTRUCTIONS FOR USE

- When using the Juicer for the first time you may notice a slight burning smell. This is normal and will disappear after a few uses.
- Place the juicer on a dry, level surface.
- Plug in and switch on at the socket.
- Check that the juicer is correctly assembled and that the top cover is securely clamped in place before switching on.
- Always set the control knob to 0 before plugging in the juicer.
- Never push ingredients into the food chute by hand, always use the pusher.
- Never try to remove food that has stuck in the food chute by hand or by using an implement other than the pusher. If the food does not dislodge, turn the control knob to 0 the off position and unplug it before taking the Juicer apart to clean it.
- **Avoid processing soft fruits and vegetable such as bananas and avocados in the juicer.**
- Press pusher down slowly to extract the maximum amount of juice.

USING THE JUICER

- Rinse the fruit and vegetables and cut them into small pieces to fit down the food chute. Peel oranges and other fruits with thick skins before juicing them.
- Make sure that the Juicer is correctly assembled and that the collection jug with lid is placed in line with the juice outlet.
- Make sure the juice outlet is pushed down as this acts as a valve. If it is not pushed down the juice will not dispense out.
- Turn the control knob to position 1 or 2.
 - **Low:** Position 1:
Ideal for soft items like berries, oranges, melons, grapes, tomatoes, etc.
 - **High:** Position 2:
Ideal for hard foods like apples and carrots.
- Feed the fruit and vegetables into the food chute slowly and push them down using the pusher. Never fill the collection jug with more than 1 litre of juice and check that the pulp container does not become overfull.
- The collection jug lid for the collection jug is designed to keep any foam on the juice in the collection jug during pouring.
- Turn the control knob to 0 the off position, switch off at the socket and unplug from the mains socket.
- Place the squeezed juice to one side.
- Remove the top cover from the main unit.



- Detach the pulp container and empty out the pulp.
- Remove both the juice bowl and the strainer with shredder disc at the same time.
Note: The strainer sits quite tightly in the juice bowl so it might require some force to separate the parts.
- Hold the juice bowl outlets with your fingers and simultaneously lift the juice bowl upwards.
- Wipe the main unit with a damp cloth.
- All the other parts should be thoroughly washed by hand.
- Use the included cleaning brush if necessary.



A GUIDE TO INGREDIENTS

- Wash or remove outer skins from fruit or vegetables before juicing.
- Remove any large or hard stones before juicing e.g., plums, cherries etc.
- Generally citrus skins should be removed, although some recipes may specify using thin skinned limes or lemons for instance and leaving the skin on.
- Cut ingredients so they pass through the food chute easily without needing to be forced.
- Press the pusher down slowly to extract the maximum amount of juice.
- Most fruits, vegetables and herbs can be juiced, though onions are rarely used in recipes.
- Avoid processing starchy fruits and vegetables such as bananas and avocados in the Juicer. Leaves and leaf stalks e.g. lettuce can be processed in this appliance.

ADAPTING YOUR OWN RECIPES

- After you have made some of the recipes supplied you may wish to adapt a few of your own recipes.
- Start by selecting one of the recipes in this booklet, which is similar to your own and use this as a guide.
- Choose combinations of fruit and vegetables that usually work well together.

HINTS AND TIPS

- If you prefer cold drinks, keep your ingredients in the fridge prior to juicing.
- Generally it is best to juice, and then consume it as soon as possible to receive the maximum nutritional benefit. If juice is not to be consumed immediately, it should be kept refrigerated.
- If you are using ingredients with less juice e.g. carrots, kale or spinach it is useful to combine them with juicier ingredients such as oranges, apples or cucumber.
- Try to juice a combination of fruits and vegetables to limit the amount of sugar in the juices.

RECIPES

Please note all spoon measures given in recipes use standard metric measuring spoons e.g. 5ml is 1 tsp and 15ml is 1 tbsp, and we recommend you use a set of measuring spoons to get accurate recipes.

Fruit and vegetables should not be peeled unless specified.

CARROT & GINGER JUICE - makes 1 serving

Ingredients	Quantity
Carrots	4-5 medium to large
Fresh root ginger	1-2cm slice to taste

WHAT YOU DO

Halve larger carrots lengthwise so they fit easily into the food chute.

Feed the carrots and the ginger into the Juicer.

Serve the juice in a glass and drink soon after preparation for maximum benefit.

KALE, CELERY AND PINEAPPLE JUICE - makes 1 serving

Ingredients	Quantity
Kale	20g
Celery	2-3 sticks
Pineapple	175g, cored and peeled, cut into slices

WHAT YOU DO

Cut all the items into pieces that will fit easily into the food chute.

Combine kale and celery and feed into the Juicer.

Then process the pineapple and pour into serving glass.

APPLE AND BEETROOT JUICE - makes 1 serving

Ingredients	Quantity
Apples	2
Beetroots	2 raw, can include stalks and leaves

WHAT YOU DO

Cut all items into pieces that will fit easily into the food chute.

Process the apples and beetroot and pour into serving glass.

VIRGIN MARY - makes 1 serving

Ingredients	Quantity
Tomatoes	4 medium
Lemon	½ peeled
Celery	1 stick plus one to serve
Small rounded red chilli	½ seeds removed
Tabasco sauce	few drops
Worcestershire Sauce	1 tsp
Freshly ground black pepper	

WHAT YOU DO

Cut tomatoes and celery into pieces that fit the food chute.

Process tomatoes, 1 celery stick and chilli through the Juicer.

Add Tabasco and Worcestershire sauce.

Stir, pour into serving glass, add black pepper and a celery stick to serve.

GREEN JUICE - makes 1 serving

Ingredients	Quantity
Kale	100g washed
Small head broccoli	250g including stalk
Watercress	50g
Medium apples	2

WHAT YOU DO

Cut all items into pieces that will fit easily into the food chute.

Process all the ingredients through the Juicer and pour into serving glass.

GRAPEFRUIT AND PINEAPPLE JUICE - makes 1 serving

This is a good base juice to which other ingredients such as beetroot, celery, parsley and cabbage can be added.

Ingredients	Quantity
Grapefruit	1 peeled
Pineapple	¼ small, cored and peeled

WHAT YOU DO

Cut all items into pieces that will fit easily into the food chute.

Process the ingredients through the Juicer and pour into serving glass.

LIME MOJITO COCKTAIL - makes 1 serving

You can make variations on your mojito by adding other fruits too e.g. raspberries.

Ingredients	Quantity
Mint leaves	4-5
Lemon peeled	½
Limes	1 small, peeled
Demerara sugar	25g
White rum	25ml
Limes	skin on, small cut into wedges, ½ to serve
Sparkling mineral water / soda water	150ml
Some ice for glass	

WHAT YOU DO

Cut up lemon and lime and process through the Juicer.

In a tall glass, place mint leaves and then add the juice to the glass.

Add sugar and white rum then use a spoon to stir this all together.

Place ice in glass, add lime wedges, and then fill to top with sparkling water, serve.

CHERRY LEMON COOLER - makes 1 serving

Ingredients	Quantity
Cherries	100g, stones removed
Lemon	½, peeled
Ice	2-3 cubes
Sparkling mineral water or soda water	

WHAT YOU DO

Process cherries and cut up lemon in the Juicer

Pour into a tall glass, add ice and fill to top with sparkling water or soda water.

Tip: If you add lemon vodka, you can enjoy it as cherry martini.

MANGO COULIS - makes 1 serving

Ingredients	Quantity
Large mango	1 peeled and stone removed

WHAT YOU DO

Squeeze the juice from the mango.

Take the pulp left when the juice was made and pass it through a sieve.

Mix the juice and the sieved pulp together to create the coulis.

FREQUENTLY ASKED QUESTIONS

Question: Why will the Juicer not switch on?

Answer: Check that the power cable is plugged into socket and switched on and that the appliance is correctly assembled.

Question: Why is no juice coming out of the appliance?

Answer: Make sure the fruit or vegetable being used cut up into small enough piece and is not getting stuck in the food chute, always use the pusher.

Also make sure that the juice outlet is pushed down and this acts like a valve.

Question: Why is the pulp outlet is blocked with compacted vegetables?

Answer: Switch off at wall socket and use the handle of the cleaning brush to unblock any pulp compacted in the outlet. Switch on and try again.

Question: Why will the fruit or vegetables not feed into the food chute easily?

Answer: The ingredient pieces are too large, cut the ingredients you are juicing into smaller pieces so it will pass through the food chute more easily.

Question: Why is the pulp is spilling from the pulp collection jug?

Answer: There might be a large amount of pulp is piling up in the middle of the jug, push pulp down in jug or empty jug and continue.



CARE AND CLEANING

- Switch off and unplug the appliance before cleaning.
- Clean thoroughly before using for the first time and after every use.
- Check the parts for wear or damage after every few uses.
- **DO NOT** use abrasive cleaners, or steel wool.
- Always use plastic, wooden or silicone spatulas.
- Never immerse the main unit in water or any other liquid.
- To the main unit, wipe with a clean, damp cloth and dry thoroughly before storing.
- Wash the removable parts in hot, soapy water, rinse and dry thoroughly.
Use the cleaning brush to remove all food residues from the strainer basket with shredder disc.
- **CAUTION:** The blades inside the glass blending jug are very sharp. Take care when cleaning.
- **DO NOT** wash any parts in the dishwasher.
- Store the Juicer with the power cable loosely coiled. Never wrap it tightly around the Juicer.

TECHNICAL INFORMATION

- Power: 800W.
- Voltage: 220-240V.
- Frequency: 50/60Hz.
- RPM: 13,000-15,000 $\pm 15\%$.
- Flex length approx. 65cm. (25½").
- Product weight approx. 3.6kg.

ELECTRICAL CONNECTIONS

The appliance is fitted with a fused three-pin plug to BS1363 which is suitable for use in all homes fitted with sockets to current specifications.

CHANGING THE 5 AMP FUSE

Use a 5 amp BS1362 fuse. Only BSI or ASTA approved fuses should be used. If you are unsure which plug or fuse to use, always refer to a qualified electrician.

Note: After replacing or changing a fuse on a moulded plug which has a fuse cover, the cover must be refitted to the plug; the appliance must not be used without a fuse cover. If lost, replacement fuse covers can be obtained from an electrical shop. This appliance complies with the following EU Directives: 2014/35/EU (Low Voltage Directive) and 2014/30/EU (EMC Directive).

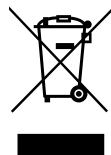


RECYCLING YOUR ELECTRICALS

The Waste Electrical and Electronic Equipment (WEEE) Directive requires UK distributors to maximise separate collection and environmentally friendly processing of WEEE.

UK distributors (including retailers) are required to provide a system which allows all customers buying new electrical equipment the opportunity to recycle their old items free of charge.

As a responsible retailer, we have met these requirements by offering all customers buying new electrical and electronic equipment free take-back of their old electricals on a like-for-like basis.



Lakeland

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